STIR™

Stir Kinetic Desk M1 User Manual

A Note of Thanks

First – thank you! The Stir Kinetic Desk M1 is a dream realized for me. People like you are the main reason we've made it this far and for that I'm very grateful.

The Stir Kinetic Desk M1 is the result of more than 10 years of my own thoughts and efforts, and the hard work of the Stir team since June 2012, to bring a truly innovative, height-adjustable desk to market.

When I first started working at Apple years ago, I experienced standing desks as a resource for helping me do my best work. I'm a person that's always ready to find a better way to work, so I immediately found a way to get one for my own office. I couldn't believe that such a simple change could have such a large and lasting impact – I felt energized and more inspired at work every day. In the years that followed I found myself improvising to create a height-adjustable desk wherever I was but I never felt that any solution met my own expectations. Over time, I realized where my next entrepreneurial focus would be.

You're sharing in my dream each time you approach this desk and the screen lights up to greet you. The Stir Team and I hope that your life's dreams will become reality while you work from your own Stir Kinetic Desk.

JP Labrosse
CEO

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Important Safety Instructions

When using an electrical furnishing, basic precautions should always be followed, including the following:

Read all instructions before using this desk.

DANGER – To reduce the risk of electric shock:

1. Always unplug this furnishing from the electrical outlet before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

2. Unplug from outlet before putting on or taking off parts.
3. Close supervision is necessary when this furnishing is used by, or near children or disabled persons.
4. Use this furnishing only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.
5. Never operate this furnishing if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the furnishing to a service center for examination and repair.
6. Keep the cord away from heated surfaces.
7. Never operate the furnishing with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, remove plug from outlet.
12. **WARNING: Risk of Injury** – Keep children away from extended foot support (or other similar parts).
13. **WARNING: Risk of Electric Shock** – Connect this furnishing to a properly grounded outlet only. See **GROUNDING INSTRUCTIONS** on the opposite page.
14. For loading, always put heavier items towards the center and not near the edges in order to help prevent the possibility of the furnishing tipping over.

SAVE THESE INSTRUCTIONS

On the bottom of each leg are two adjustable floor gliders. These round black discs are used to level and fine tune your desk's height. They adjust easily using only your hands. A right turn lowers the desk height and a left turn raises the height. These are only slight adjustments to account for leveling issues such as an uneven floor surface at your home or office.

WARNING – Never attempt to lift the desk partially and adjust the gliders. Have someone assist you in lowering the desk completely onto the floor first where it is fully supported, and then make your adjustments.

This desk operates at 120 V ac/60 hertz. It has a maximum dynamic (in motion) weight capacity of 150 lb. and a static (still) weight capacity of 200 lb. The desk is meant to operate under environmental conditions ranging from 5 to 90 percent humidity (non-condensing) and through an ambient temperature range of 40 to 100 degrees fahrenheit (5° to 38° Celcius).

WARNING – Exceeding any of these limits could potentially damage the product voiding the warranting and/or resulting in injury to yourself or others. Please exercise caution.

GROUNDING INSTRUCTIONS

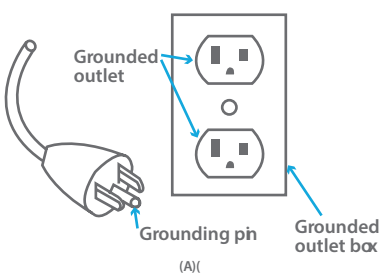
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be grounded into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified technician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit into the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated below (**Fig. X**). Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Figure X. Grounding Methods

Effective October 31, 2005



For additional safety instructions, go to page 38

Quick Start Guide: Set Up Your Desk

When you first plug in your desk, a setup wizard will guide you through:

- Connecting to Wi-Fi
- Creating a user profile
- Setting your height preferences and standing goals

Initializing Your Desk

First, initialize the legs of your desk. The screen shown below (**Fig. 1**) guides you through the process. In total, the setup process should take around five minutes. If you choose to skip on-screen setup, please read through these steps to learn the basics of using your desk.

Move Your Desk Up and Down

To move your desk up or down, double tap anywhere on the home screen (**Fig. 2**). Double tapping will move the desk to the alternate position – e.g., if the desk is at a sitting height, a double tap moves it to a standing height, and vice versa.

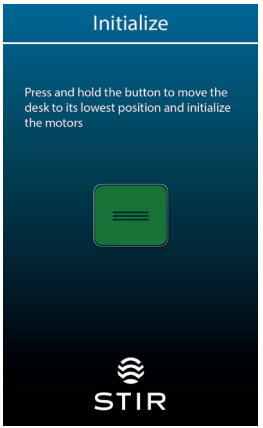


Figure 1

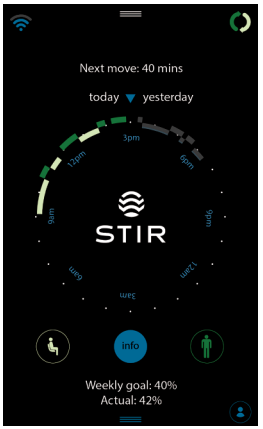


Figure 2

Refine Your Height Settings

From the home screen, swipe left to access the Gas Pedal screen (**Fig. 3**). Use the slider to move the desk to a comfortable standing height. Tap **SET** next to the standing figure. Now move the desk down to your preferred sitting height. Tap **SET** next to the seated figure. When you double tap the home screen, the desk will move between these heights.

Refine Your Standing Goals

From the home screen, swipe to the left twice to access this screen (**Fig. 4**). Use the sliders to set your goals. Standing 35% of the time at your desk – and for 20 minutes at a time – is a good place to start. Remember, the goal is not to stand all day, rather to alternate between positions more frequently.

Let Your Desk Help You Move

Tap the round icon in the top right corner of your screen to toggle Active Mode (**Fig. 5**). In Active Mode, Whisperbreath™ reminders – a gentle one-inch up and down movement – invite you to change position. You'll also see visual **double tap reminders** when it's time to shift position.

Connect Your Fitbit

To connect, go to the Shortcut Drawer and select Fitbit (**Fig. 6**). Enter your existing Fitbit username and password. Your desk will now automatically send activity logs to your online dashboard any time you stand for 5 minutes or longer.

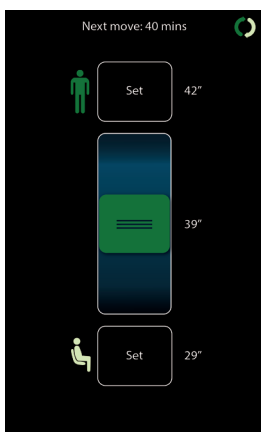


Figure 3

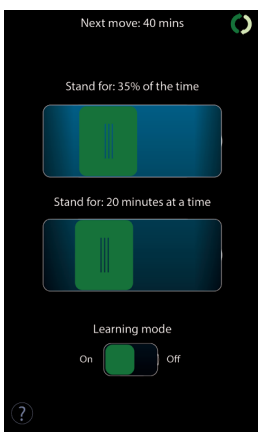


Figure 4

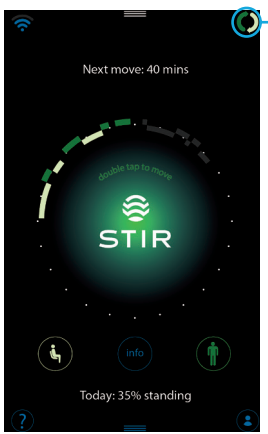


Figure 5

Active Mode indicator/ toggle

Swipe up to reveal Shortcut Drawer

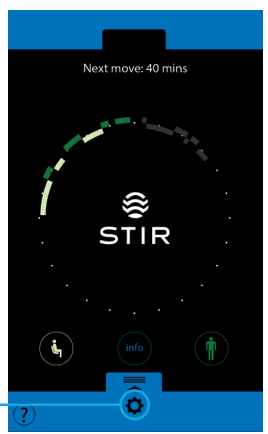
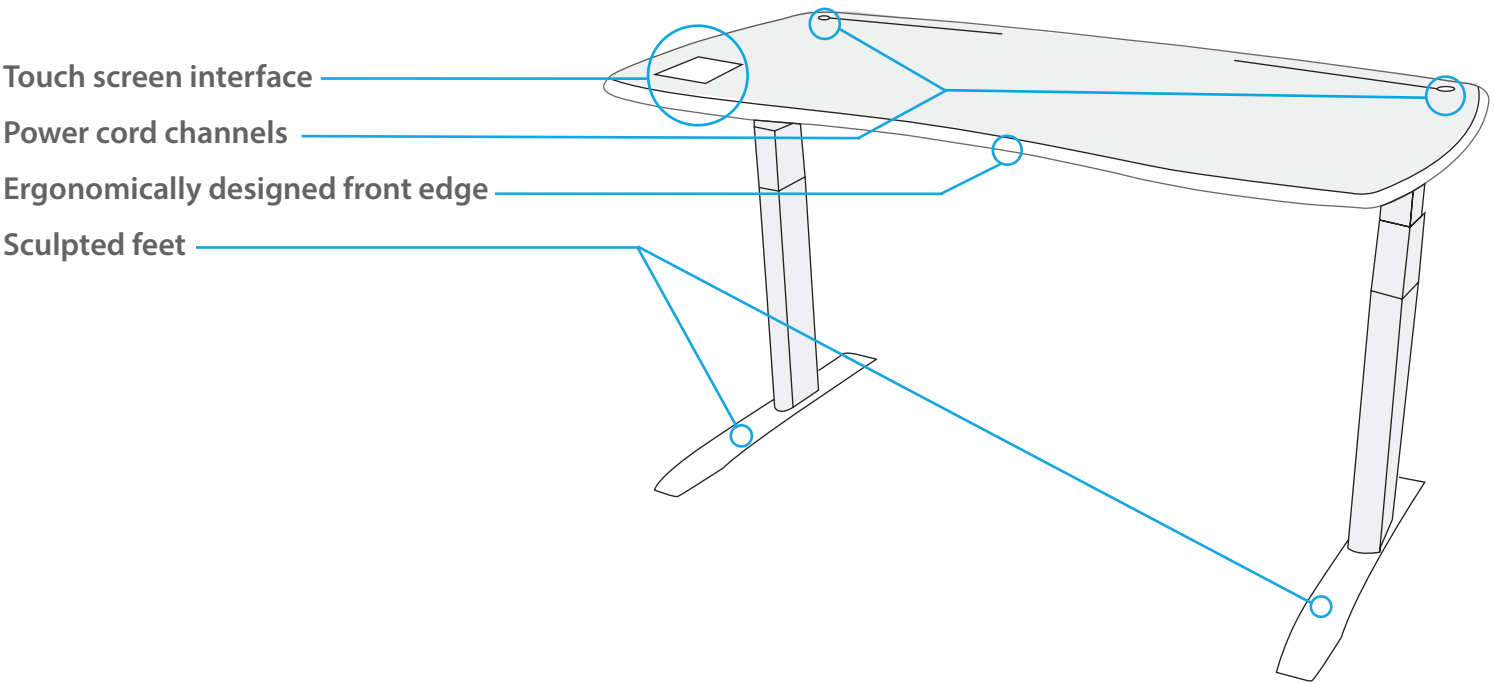
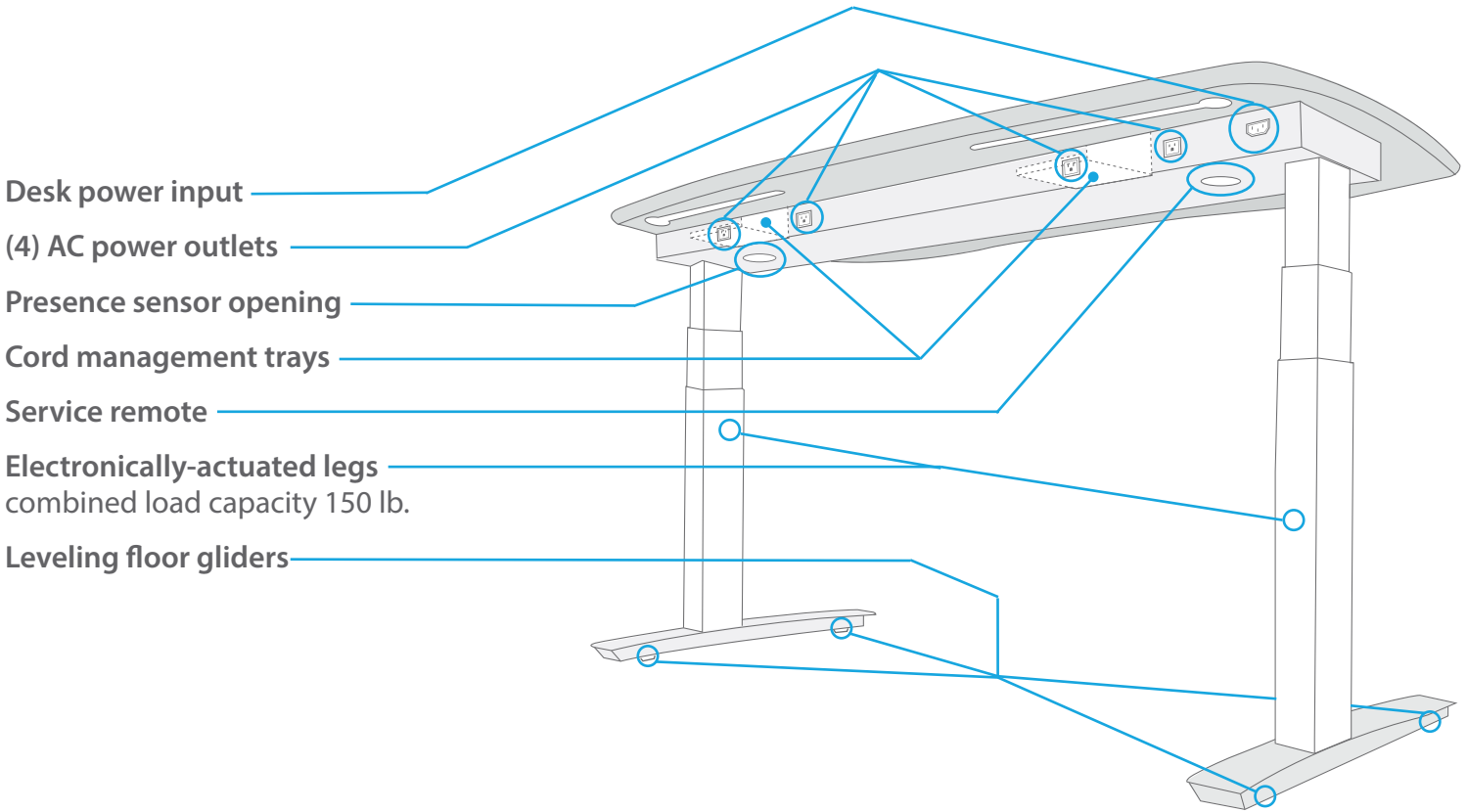


Figure 6

Meet the M1


Touch screen interface
Power cord channels
Ergonomically designed front edge
Sculpted feet


Desk power input
(4) AC power outlets
Presence sensor opening
Cord management trays
Service remote
Electronically-actuated legs
combined load capacity 150 lb.
Leveling floor gliders

Connecting to Wi-Fi

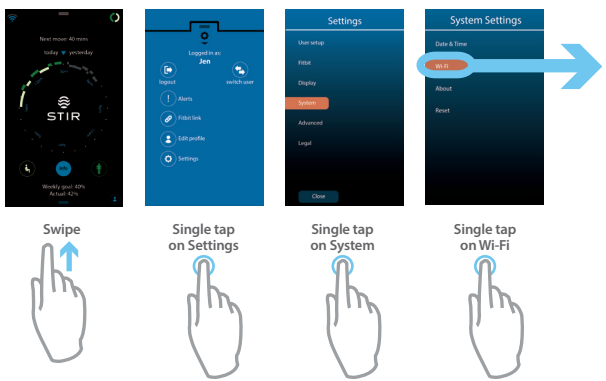
Setting up Wi-Fi enables software updates, cloud features and connections to devices like Fitbit™. Adjust Wi-Fi settings by clicking on the Wi-Fi heading in the Settings menu.

NOTE: *You can use the desk without a Wi-Fi connection; however, some features will not be available.*

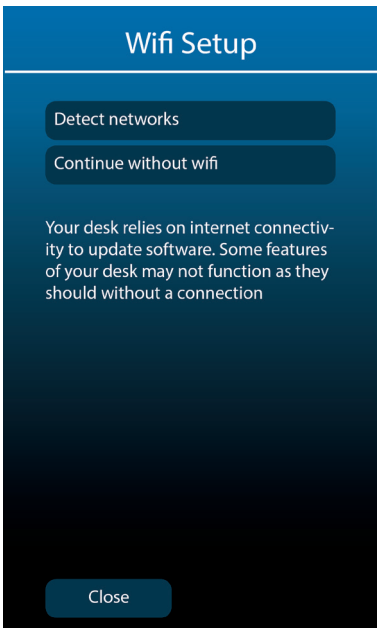
If you are navigating through a company firewall, you may need assistance from your IT person. They may need to "whitelist" your desk's MAC address, which is available under Settings > System > About.

For more detail, please visit Stir's online customer support at: www.stirworks.com/customersupport

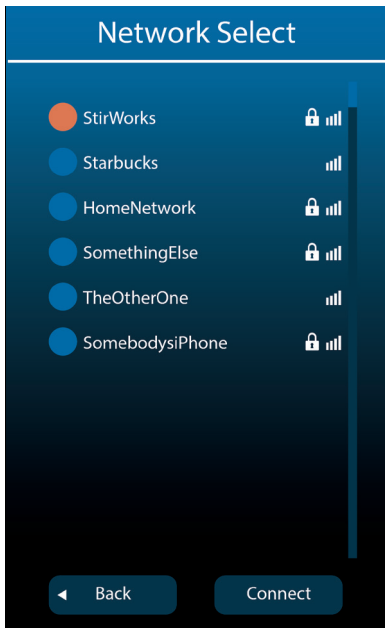
How to find the Wi-Fi setup screen:



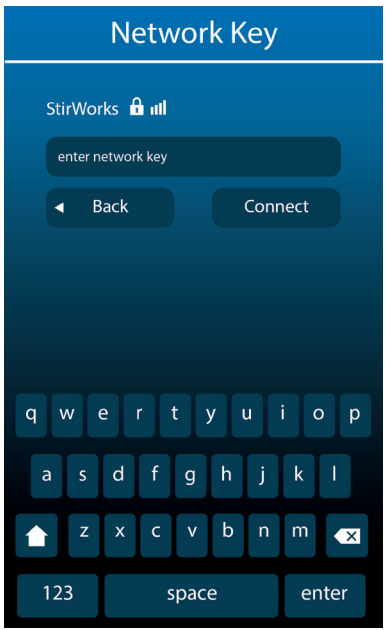
1. **Tap Detect Networks to find available wireless networks.**


Wifi Setup
Detect networks
Continue without wifi
Your desk relies on internet connectivity to update software. Some features of your desk may not function as they should without a connection
Close

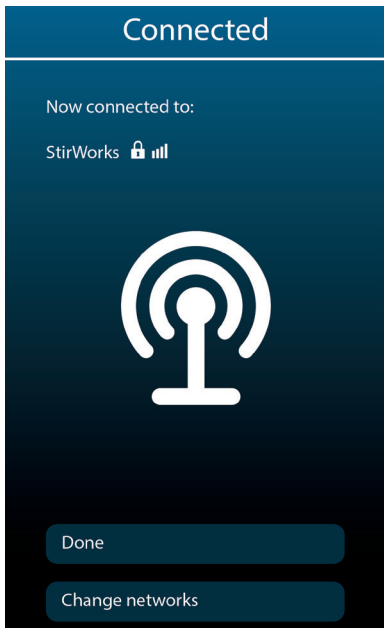
2. **Select your network and press Connect.**



3. **Type in your network password and press Connect.**



4. **You're connected.**



NOTE:

If you can't connect to Wi-Fi, confirm your Wi-Fi network is functioning using another device, or contact your internet service provider. If they confirm that your connection is functioning properly and you still can't connect your desk to Wi-Fi, please contact Stir for further assistance.

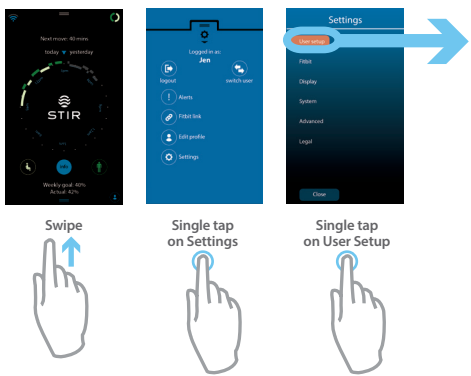
Creating a User Profile

The user profile allows you to store your desk data locally, sync with connected wellness products like Fitbit, and share your desk without sharing your data.

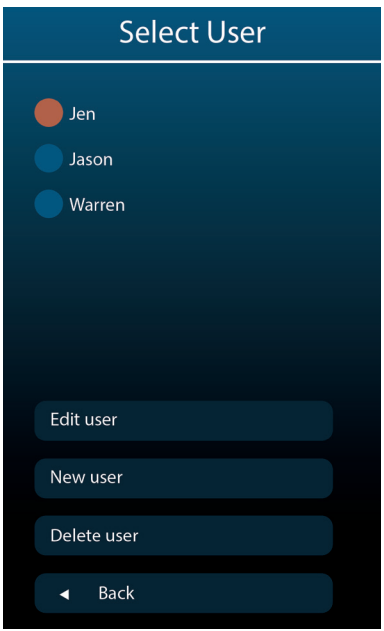
For example, if a family of four wants to use the same desk, separate user profiles allow you to set individual height settings and standing goals, and store usage data by user. Your user profile will also be synced to the cloud for you to use with any Stir Kinetic Desk.

Access user profiles under *Settings* > *User setup.* You can also quickly manage the current user in the Shortcut Drawer by swiping up on the Home Screen.

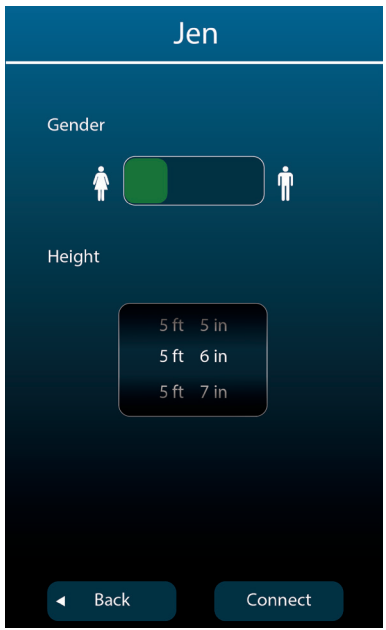
How to find the user set up screen:



1. **To adjust an existing user profile, select the name. To create a new user profile, select New user.**

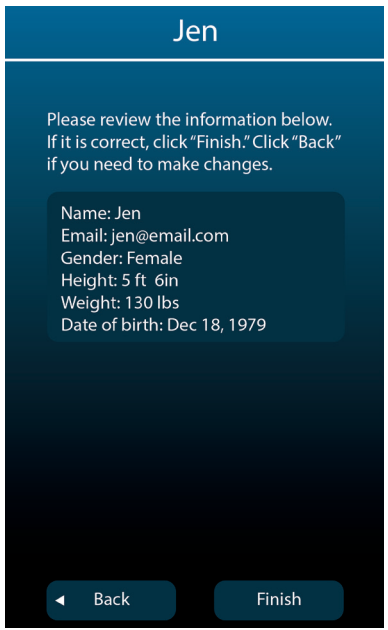


2. **Select gender and input height, then press Next.**



3. **Input weight and date of birth, then press Next.**

4. **Review the information, then press Finish.**



NOTE:

*Stir carefully protects your personal data. Your information is only used to make the desk experience better, like accurately estimating the calories you burn.**

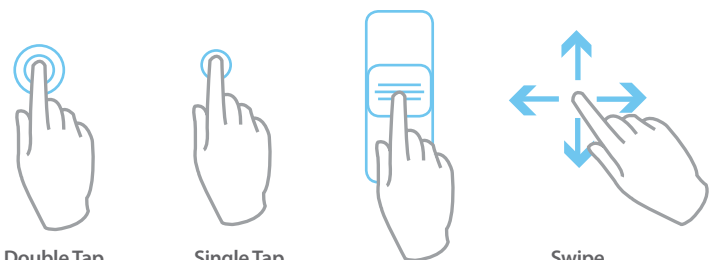
* All calorie counts are estimated. They are personalized with your height and weight information and based on the research of qualified physicians. Stir does not in any way claim that these estimates are physiologically exact.

Gestures & Presence Detection

Gestures: Interacting with the Desk

Interact with the Stir Kinetic Desk M1 through touch using these four (4) methods:

1. **Double tap** the home screen to change the desk's position between sitting and standing.
2. **Single tap** to make a selection or stop desk movement.
3. **Touch and slide** when using on-screen sliders – such as the "gas pedal", which moves the desk up and down.
4. **Swipe** from side to side to change screens; swipe up from the bottom edge of the Home Screen to reveal the Shortcut Drawer. Swipe down from the top edge of the screen to lock.



Presence Detection

Your desk has a presence sensor (**Fig. 7**) that allows it to know when you're working, and when you're not. When you arrive, the touchscreen lights up so you can immediately start interacting. The sensor also assures your desk will only log your statistics while you are actually at the desk.

The screen will sleep after 30 seconds of inactivity by default. This setting can be adjusted under Display in the Settings menu. Please be careful to never block the presence sensor opening.

Presence sensor location

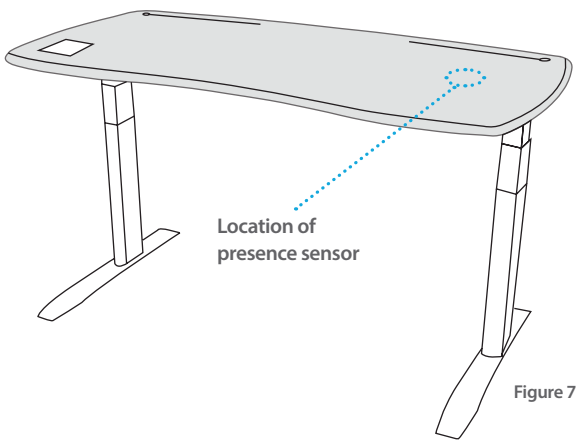


Figure 7

Move Your Desk

Double tap anywhere on the home screen to move your desk. If your desk is at its standing height, a double tap will move it to the sitting height, and vice versa. You can also move the desk by tapping the standing-figure button, or the sitting-figure button on the homescreen.

Screen Locking

Sliding your finger down from the top edge to the bottom edge will temporarily lock the screen (**Fig. 8**) so that inadvertent touch will not register. To unlock, simply reverse the action and swipe in an upward motion from the bottom edge to the top edge.

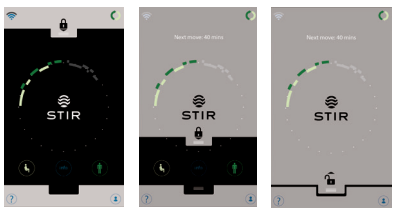
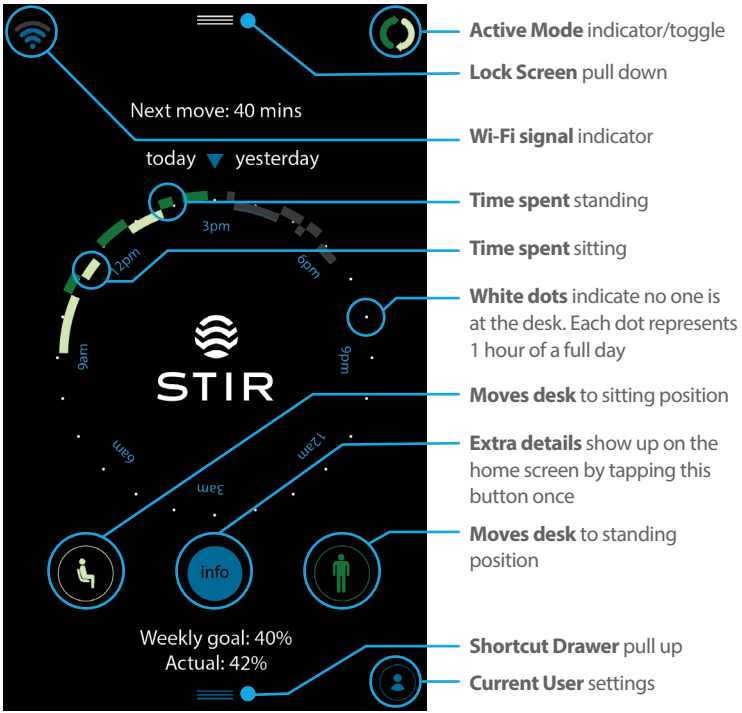


Figure 8. Swipe down to "draw a shade" and disable touch temporarily. This is useful when there are other people working at your desk with you.

Tap to Stop

Anytime your desk is moving, a single tap on the screen will immediately stop its motion at the current height.



Moving Your Desk

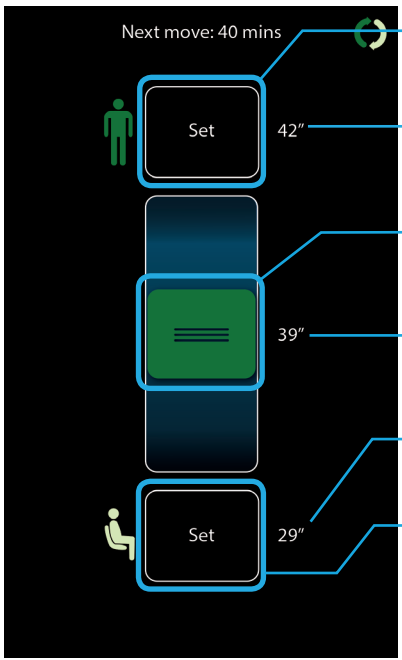
The primary way to move your Stir Kinetic Desk M1 between sitting and standing is to double tap the home screen. We've discussed that motion as well as the sitting and standing figure buttons on the previous page. The "Gas Pedal" allows you to manually adjust your desk to specific heights temporarily, but is primarily used to select your presets.

Use the Gas Pedal to set your standing and sitting heights so that double tapping will take you to the height you set – your preset. You can change these presets at any time. Simply touch and slide the green button up or down (**Fig. 9**), then tap **SET** (**Fig. 10**).

How to find the Gas Pedal screen:

Swipe

Gas Pedal screen



Drive the desk to your ideal height

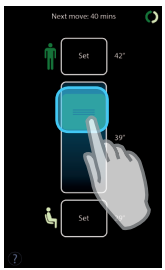


Figure 9

Next, tap the **SET** buttons

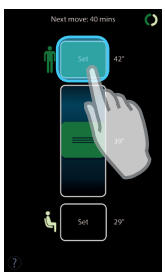


Figure 10

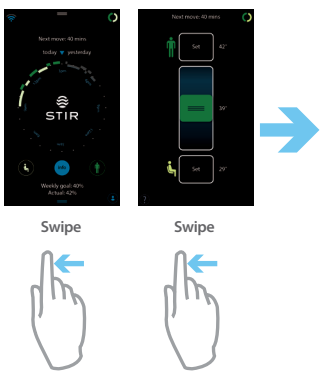
Setting Standing Goals

You can set goals for the percentage of each day that you'd like to spend standing while at the desk, and the length of time at each interval. The desk comes with a default set of standing goals based on an average preference. You can change these at any time.

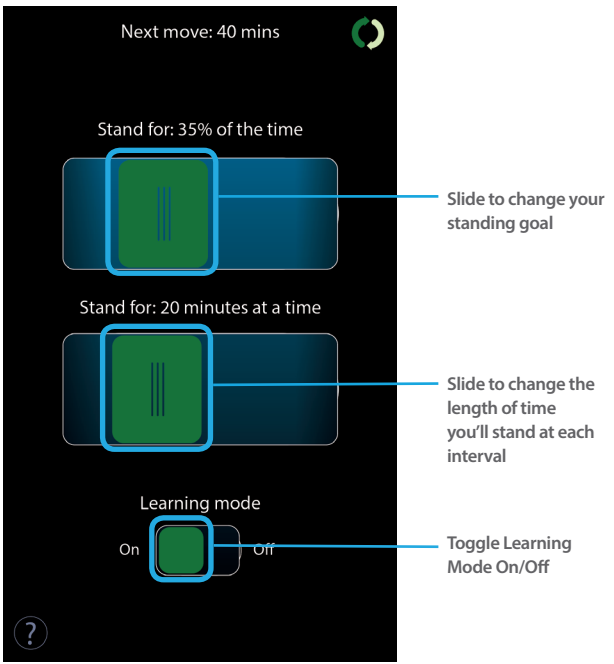
Unless you're an avid standing desk user already, it will take time to build up to standing for long intervals. In addition, you'll receive the most productivity and health benefits from moving frequently between standing and sitting positions. The goal is not to stand all day, rather to move more often.

Also in the Standing Goals screen, is a toggle for Learning Mode. In Learning Mode, your desk learns from your patterns to find the best times to prompt you to move so that it fits seamlessly into your day. Toggle Learning mode to "Off" and your desk will remind you to move strictly based on your pre-selected Standing Goal settings.

How to find the Standing Goals screen:



Standing Goals screen


Next move: 40 mins
Stand for: 35% of the time
Stand for: 20 minutes at a time
Learning mode
On
Off
Slide to change your standing goal
Slide to change the length of time you'll stand at each interval
Toggle Learning Mode On/Off

Active Mode & Whisperbreath

Active Mode indicator/toggle

Becoming Familiar with Active Mode

Your Stir Kinetic Desk M1 has been shipped to you in Active Mode. While in Active Mode, your desk will invite you to shift position between sitting and standing based on your standing goals.

You will only get reminders to move when Active Mode is enabled and you are present at the desk. Toggle this setting on or off by tapping the Active Mode indicator on the top right of each screen. When set to off the icon will turn gray and your desktop will become a static work surface - it will not deliver Whisperbreath reminders until you re-enable Active Mode.

Whisperbreath

Whisperbreath is a subtle one-inch up and down movement of the desktop (**Fig. 11**) timed to a person's resting breath rate.

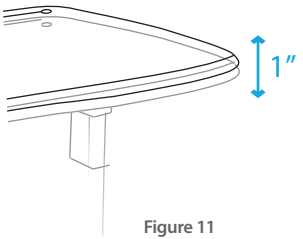


Figure 11

After a Whisperbreath, double tap the home screen without a glance to shift position between sitting and standing.

If you don't respond to a Whisperbreath, the desk will invite you to move again later.

Double-Tap Whisperbreath Reminders

In addition to the Whisperbreath motion, the home screen will light up with a quick visual cue to invite you to move (**Fig. 12 & 13**). This is especially useful for moments when you're working at your desk and not physically touching it because you are engaged in a phone call, stretching, etc. This setting can be toggled on or off under the Advanced heading in the **Settings** menu.

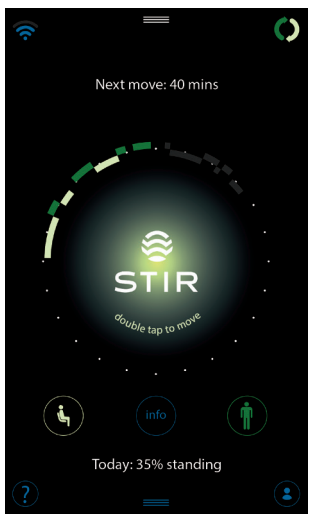


Figure 12. Double tap to sit

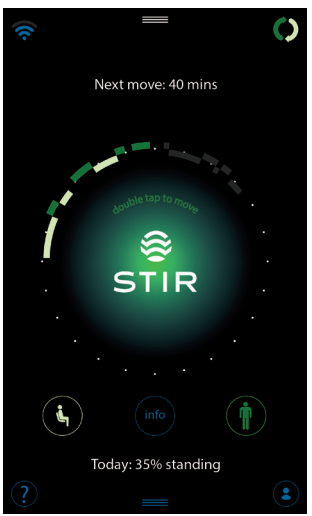


Figure 13. Double tap to stand

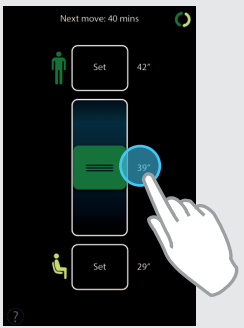


Figure 14

Get Your Desk to Take a Breath

To demonstrate how your desk can "breathe" for friends, family or co-workers, single tap the invisible button on top of the current desk height indicator (**Fig. 14**) displayed on the gas pedal screen.

Data Tracking

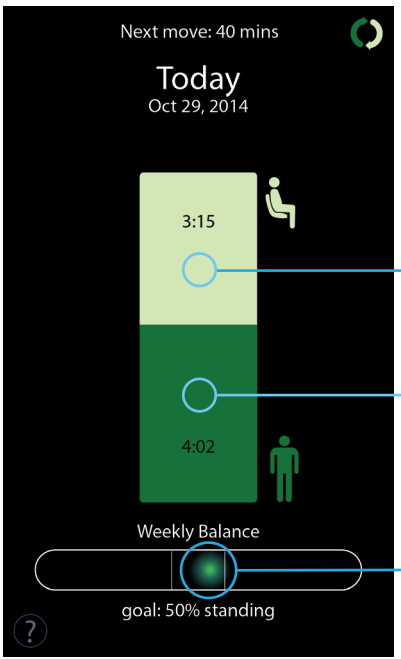
Your desk quantifies and displays your activity over time. You can track your sit versus stand balance over a day, a week, a month, and even over the course of multiple years. Setting reachable goals and tracking them will help you feel more motivated and energized while you use your desk.

Sitting and standing data are shown in different colors on your desk's interface. These colors are consistent throughout. Dark green data refers to time spent standing; white refers to time spent sitting. The white bars indicate the Standing Goals that you've previously set.

How to find this screen:

Swipe

Screen showing Today's progress



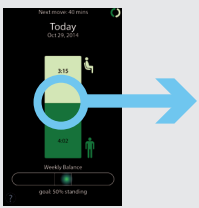
The amount of time spent sitting today, in hours and minutes

The amount of time spent standing today, in hours and minutes

This meter gauges how close you are to your standing goal (this goal is listed beneath the meter).

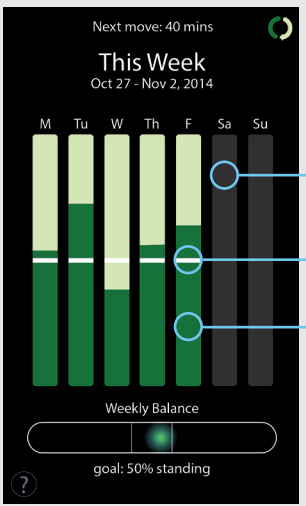
NOTE:

*A single tap on any bar graph screen will show you an expanded detail screen (**Fig. 15**) with even more data about your desk use over the days of a week, weeks of a month, or months of a year.*



Single tap on the graph

Screen showing the **Week** view



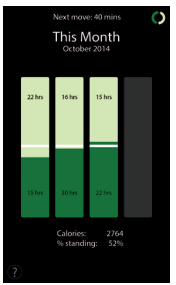
Future dates appear in grey

This line represents your current standing goal

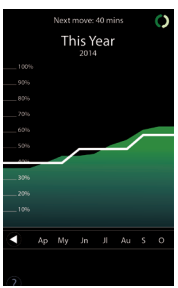
These graphs are calculated as percentages of time spent at your desk either sitting or standing

Figure 15

Screen showing the expanded **Month** view



Screen showing the expanded **Year** view



Fitbit and Your Stir Kinetic Desk

Track All Your Activity

Fitbit products track everyday activities such as steps taken, distance traveled, calories burned, stairs climbed, and overall active minutes. Fitbit provides users with an online dashboard where you can view all of your information and see how you're progressing towards goals. "Standing at Stir Kinetic Desk" is an official Fitbit activity that is tracked by your desk.

You can automatically include this information, as well as the extra calories you've burned, by syncing your Stir Kinetic Desk M1 with your existing Fitbit account.

The full Fitbit family of products works with the Stir Kinetic Desk. Sync your Fitbit device and your desk – then automatically get updates across all of your synced devices about the time you spent standing, and the calories you burned.

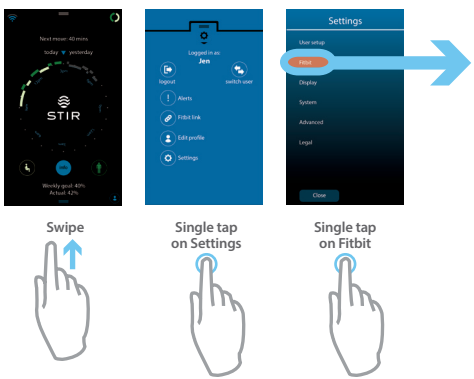
NOTE:
Data about desk usage automatically syncs across all platforms.

Connect Your Desk to Your Fitbit Account

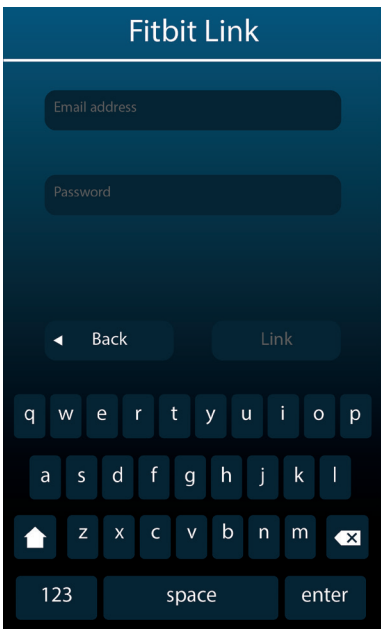
In the desk settings menu, select **Fitbit**. Enter your Fitbit account username and password. Your desk will now automatically send activity logs to your Fitbit dashboard via Wi-Fi anytime you stand for five minutes or longer. Stir Kinetic Desk M1 activity logs will show up in your online dashboard as "Standing at Stir Kinetic Desk". These logs will detail your overall time standing, as well as the extra calories you've burned while working. If you own a Fitbit device with a display screen, the calories that you've burned while working at your desk will also be automatically added to the total calorie count displayed on that device.*

NOTE: *Setting up your user profile allows your data to be synced with the cloud. Link Fitbit to your User Profile and when you approach any Stir Kinetic Desk, your device will automatically log you in and load your settings.*

How to find the Fitbit screen:



Enter your existing Fitbit account username and password to connect.

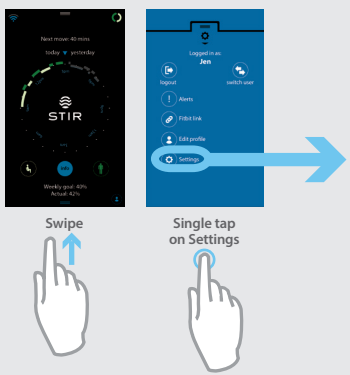


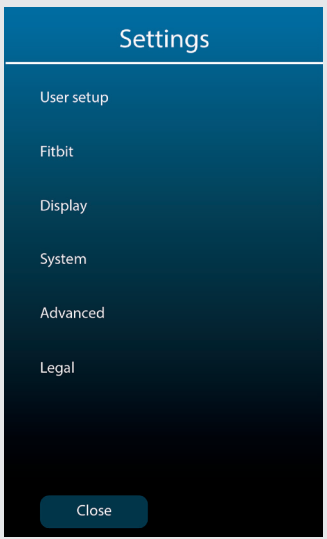
* Software features, supported devices, etc are subject to change without notice.

Settings

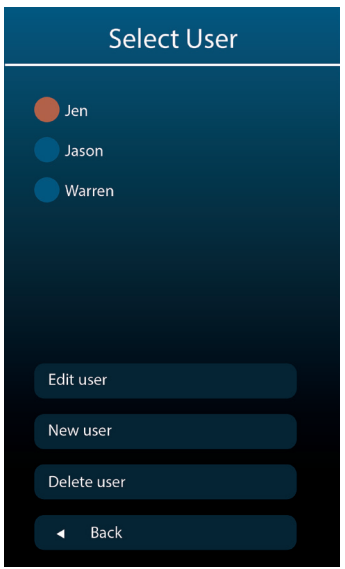
Through the desk settings menu you can adjust screen brightness, manage Wi-Fi networks or user profiles, and get technical desk info when needed. Any settings changes will take up to ten minutes to fully reflect. To access settings, swipe upward on the home screen to reveal the Shortcut Drawer and then tap **Settings**.

How to find the Settings screen:

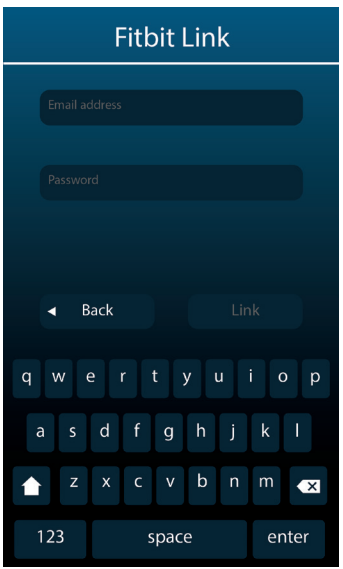




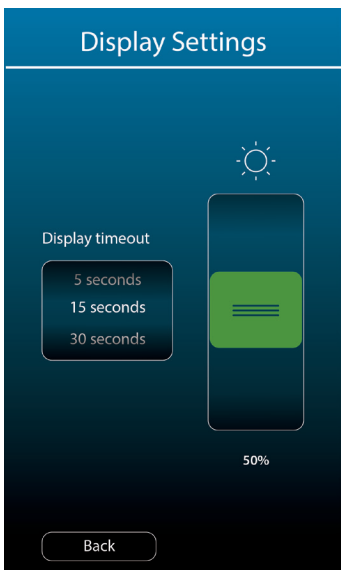
Settings screen



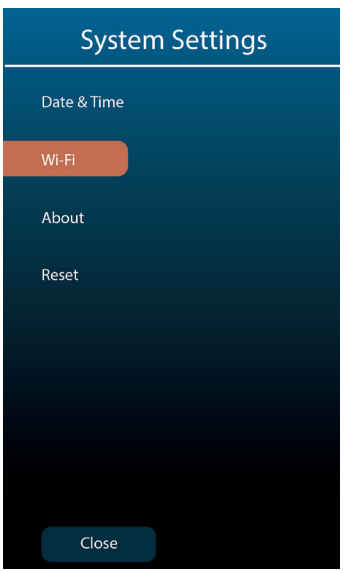
User Setup screen (p.14)



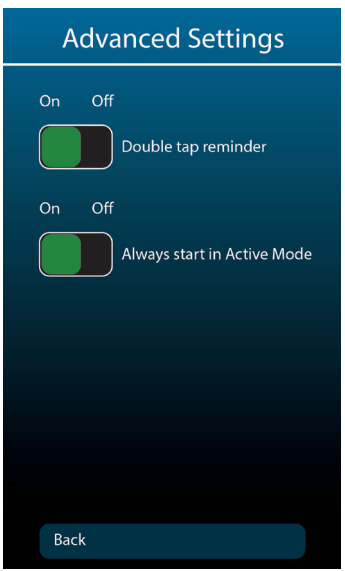
Fitbit screen (p.24)



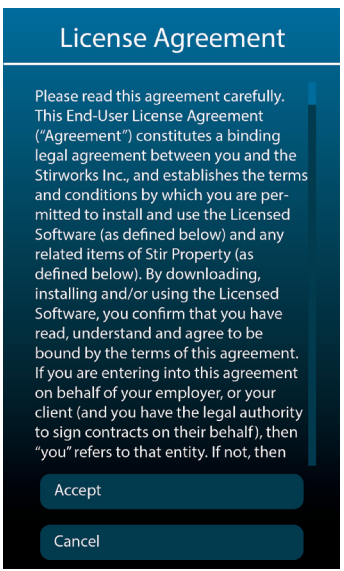
Display screen (p.16)



System screen



Advanced screen


License Agreement
Please read this agreement carefully. This End-User License Agreement ("Agreement") constitutes a binding legal agreement between you and the Stirworks Inc., and establishes the terms and conditions by which you are permitted to install and use the Licensed Software (as defined below) and any related items of Stir Property (as defined below). By downloading, installing and/or using the Licensed Software, you confirm that you have read, understand and agree to be bound by the terms of this agreement. If you are entering into this agreement on behalf of your employer, or your client (and you have the legal authority to sign contracts on their behalf), then "you" refers to that entity. If not, then
Accept
Cancel

Legal screen

Things To Watch For

Objects under the Desk

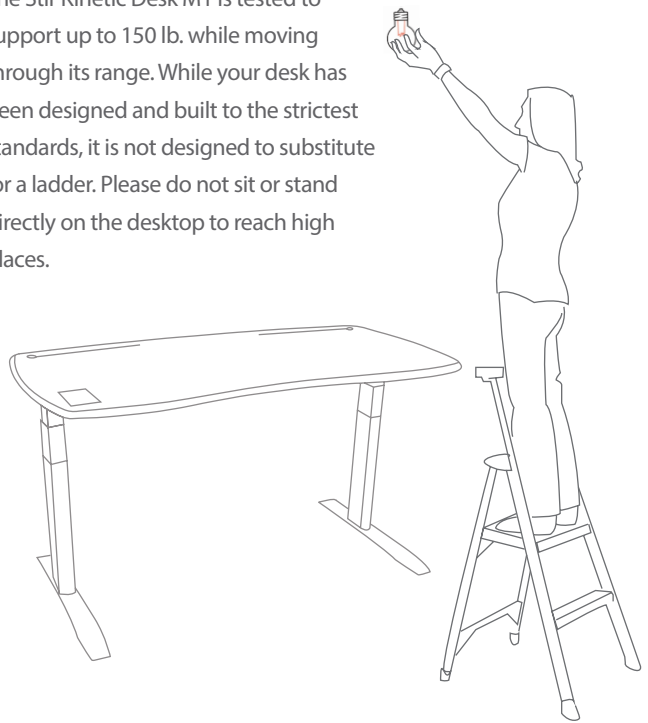
While moving the desk up or down, use appropriate precautions with people, pets and objects near or under the desk. The desk will stop if something in the path of its motion applies a significant force. The desk will also stop at any time when you single tap the screen during movement.

NOTE:

When choosing where to place your desk, be sure to consider windowsills, framed pictures or artwork that might collide with the desk as it rises.

Use a Ladder

The Stir Kinetic Desk M1 is tested to support up to 150 lb. while moving through its range. While your desk has been designed and built to the strictest standards, it is not designed to substitute for a ladder. Please do not sit or stand directly on the desktop to reach high places.



Pets and Office Machines

Your desk will only log your standing data when you are actually present. It knows you're there because it senses your body heat. Pets, space heaters or office equipment (such as printers or PC towers) underneath the desk could cause false readings that might throw off your stats.

Also be aware that electronic devices with air vents and exhaust fans (PC towers, Printers, etc) that surround your desk might push hot air into the path of the presence sensor. This can happen even if placed to the side of your desk which could potentially interfere with the sensor's ability to accurately track your time at the desk. For optimal performance, please be sure that any air exhaust vents on your electronics face away from your desk, or are placed on the top surface

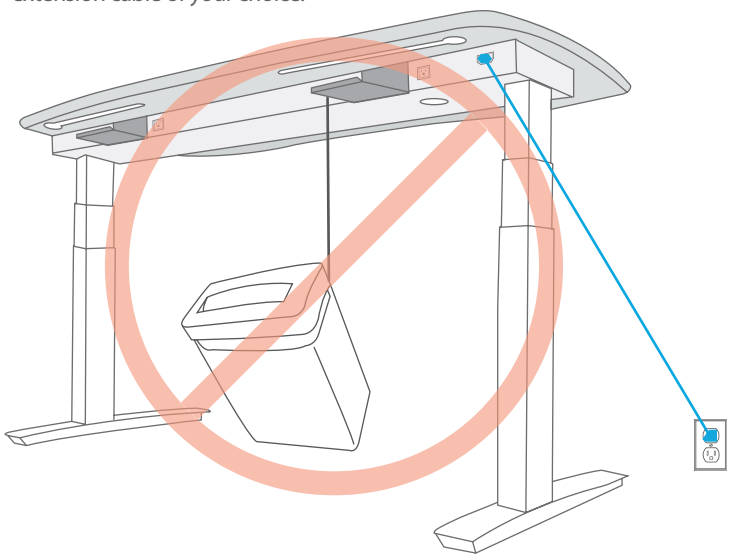
Desk Care

Moving the Desk

Your desk weighs approximately 130 lb. when fully assembled. If you need to move it, please enlist the help of others. The desk is tightly calibrated and lifting it, rather than pushing it, is recommended. Pushing the desk causes stress on the legs which could eventually throw it out of calibration and possibly result in a wobble at the top of the desk's height range.

Power Cords

Your desk's power cord is 6' long. It's designed to be long enough that you should still have slack in the cord at the top of the desk's height range. After plugging in your power cord, please drive your desk up and down through it's full range to ensure that the cord has enough slack to travel. An extremely taught cord is a safety hazard. If part of your power cord doesn't touch the ground at all heights, please be sure to use a UL certified extension cable of your choice.



Desktop Finish

The desktops are finished with premium materials and stains. They are hand polished and, like any piece of beautiful furniture, they need to be properly maintained.

Use a soft, damp, non-abrasive cloth to clean your desktop. Be careful to not polish the desk aggressively as the satin finish will become shiny. Stay away from solvents such as nail polish remover that can damage your desk's finish. We recommend a coaster when keeping any beverages on your desk.

Touchscreen

The screen embedded in your desk uses similar materials to those found in your smartphone. A microfiber cloth will get rid of smudges and fingerprints.

Accessory Recommendations

Monitor Mounts

M1's desktop is 1.125" thick. It is designed to accommodate most clamp-style monitor arms available today. Stir does not recommend drilling into your desktop surface to install grommet-style monitor arms.

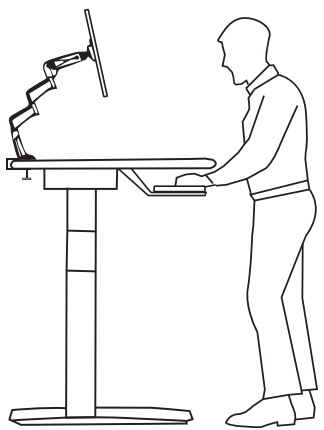
We've successfully tested scenarios with single- and double-monitor mounting setups. When planning your own mounting solution, consider that the desk has a dynamic load capacity of 150 lb.

NOTE:

Applying a clamp to the desk surface can cause damage to the surface in some cases. Please use appropriate caution.

Keyboard Trays

Most people find that when the monitor is elevated – by way of a stand or by other means – a dedicated keyboard tray is not necessary. If you still prefer a keyboard tray, your Stir Kinetic Desk M1 will accommodate select models. Contact Stir for specific model recommendations.



Mice

Stir recommends a mousepad for best results with a traditional mouse. If you'd prefer to use a mouse directly on your desk surface, there are mice available today that can track on most any surface. Microsoft's BluePoint technology and Logitech's Dark Field are just a couple of examples.

CAUTION: Stir does not design or manufacture any of the above products. We've informally tested a variety with the Stir Kinetic Desk M1 and found encouraging results. We do not guarantee the functionality or safety of any product aside from those that we produce. Please review the instructional documents included with any third party accessory before using it with your Stir Kinetic Desk.

Built-in Power and Cable Management

Your Stir Kinetic Desk M1 has two carefully designed power cable cutouts on the back edges (**Fig. 16**). They allow you to keep your always-on devices powered without a cluttered tangle of wires arranged carelessly that you might find with traditional desks. You'll also notice 2 cable management trays installed under your desk (**Fig. 17**). These can support excess cable and/or power bricks. The desk has 4 evenly spaced AC outlets that will accommodate all types of plugs and draw all needed power through the desk's single power cable. Finally, the desk power cube (**Fig. 18**) fits through either power cable channel and allows you to plug in temporary devices such as your phone or laptop charger. This is especially useful for items that you'll potentially need to take with you when leaving your desk. Any excess cable will store neatly away on one of the cable management trays beneath your desk's top.

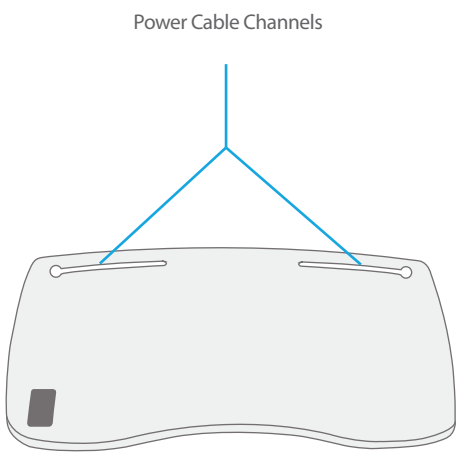


Figure 16

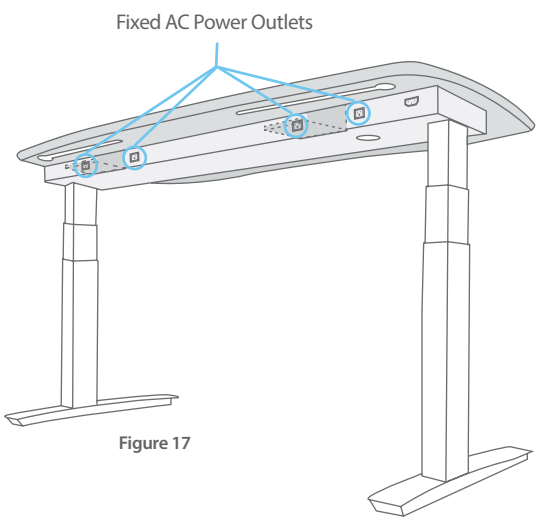


Figure 17

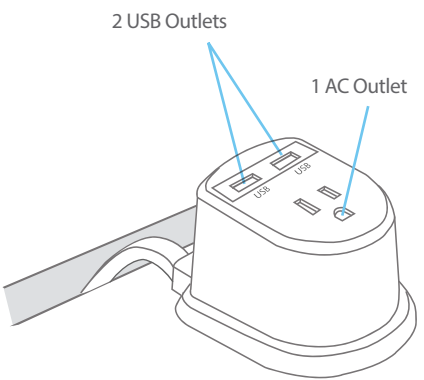
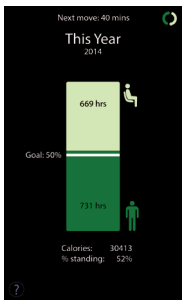


Figure 18. Desktop power cube accessory

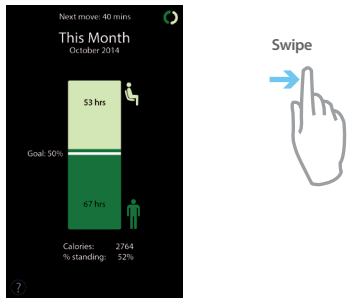
“Transit Map” (Software Screens)

Starting from the Home screen, if you swipe to the right:



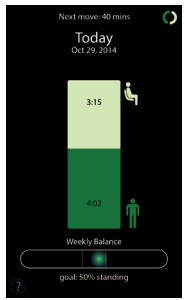
Year

Swipe



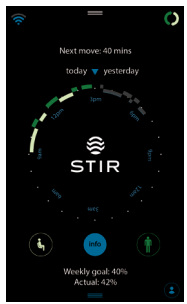
Month

Swipe

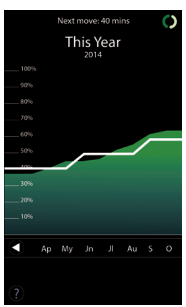


Today

Swipe

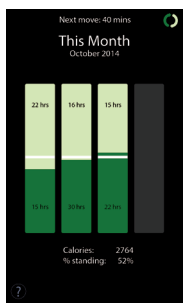


Home screen



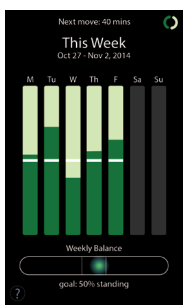
Year detail

Single tap to toggle the view of that screen



Month detail

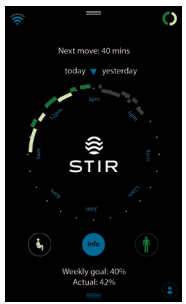
Single tap to toggle the view of that screen



Week

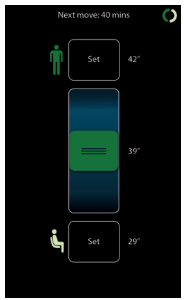
Single tap to toggle the view of that screen

Starting from the Home screen, if you swipe to the **left:**



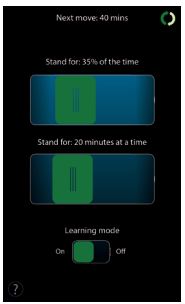
Home screen

Swipe



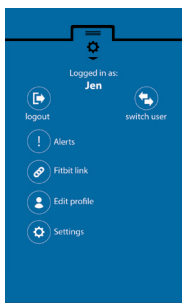
Gas pedal

Swipe



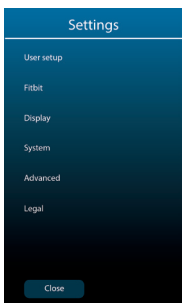
Standing goals

Swipe up from the bottom to reveal Shortcut Drawer



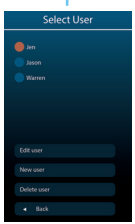
Shortcut Drawer

Single tap on settings

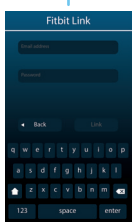


Settings

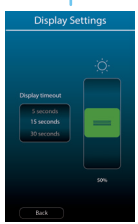
Single tap an item in the list to access that screen



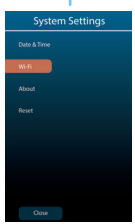
User Setup



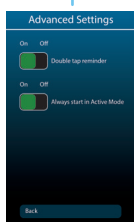
Fitbit



Display



System



Advanced

Desk Specifications

Dimensions

Top Dimensions (Fig. 19)

58.5″ x 29.5″ x 1.125″

Assembled weight

130 lb.

Dynamic load capacity

150 lb.

Static load capacity

300 lb.

Built-in power

- 4 AC outlets underneath desk on rear panel.

Materials

- Desktop is a wood core with a variety of powder-coated finishes
- Desk legs are powder-coated metal, color coordinated with feet

Capacitive Touchscreen input

5″ color screen

- Wide viewing angle

Adjustable height

- Approximately 25″ – 50″
- electrically actuated (**Fig. 20**)

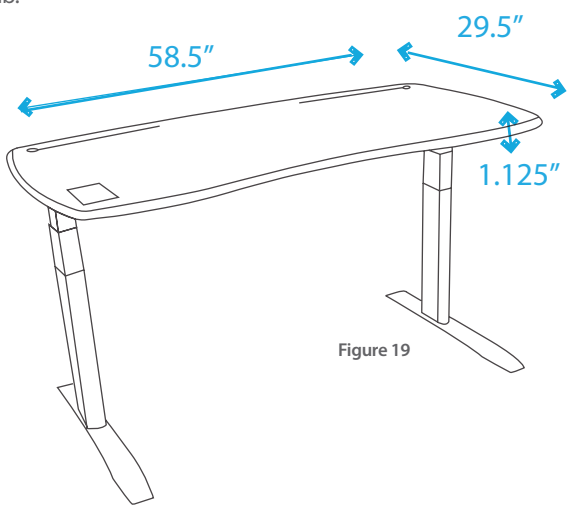


Figure 19

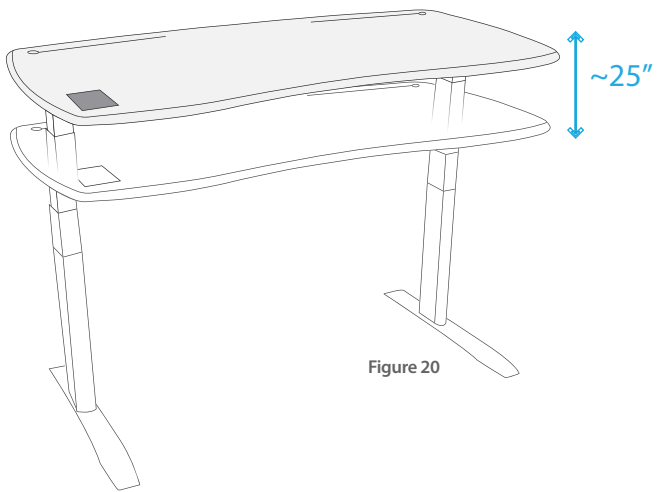


Figure 20

Electronics

- Line Voltage: 120 V ac
- Frequency: 60 hertz, single phase
- Operating Temperature: 40 °F to 100 °F (5 °C to 38 °C)
- Relative Humidity: 5% to 90% non-condensing
- Beneath the desk's sleek exterior, sophisticated electronics learn users' patterns and preferences and coordinate the desk functions with user goals. A presence sensor identifies when a user is at the desk so that calorie burn and percent-standing metrics are accurate. A database tracks each user's goals and progress and automatically invites movement at appropriate times. A color display with a touch-sensitive interface provides user interaction and feedback.

Touchscreen

The user interacts with the desk through a 5.0-inch color LCD touchscreen (approx. 2.6" x 4.3"). A user can command and control the desk with gestures through the simple touch-sensitive interface. Data on progress and history are provided through a series of graphical and text-based data visualization tools. These tools allow a user to be in touch with fitness progress toward individual fitness and health goals each day, week, or longer.

Firmware

The Stir Kinetic Desk M1 has a set of proprietary algorithms and custom interfaces to allow the desk to sense, learn, and adapt to the needs of each individual user. The firmware also tracks usage and remembers data and preferences.

Assembly

Simple assembly required including attaching legs with bolts.

* Specifications subject to change. Product includes Wi-Fi and bluetooth hardware. User presence sensing accuracy can be impacted by some environmental factors; 100% accuracy not guaranteed. Stir desktops are made from natural woods and are hand crafted and finished and therefore may have irregularities in the surface and finish.

Additional Safety Instructions

Products can become damaged due to misuse or neglect. Some product damage is serious enough that the product should not be used again until it has been inspected and, if necessary, repaired by a Stir-trained technician. Please do not take risks or attempt to diagnose the situation yourself. Contact Stir customer support for further guidance at 626-657-0918, or help@stirworks.com.

Frequently inspect your desk and its electronic components for damage or wear or signs of danger. If you have any questions about the condition of a component, do not use the product. Contact Stir for instructions on how to inspect the product and have it repaired, if necessary. In the unlikely event that you notice any of the following conditions, or if you have any safety concerns with your product, stop using the product and unplug it from the power source until you can speak to Stir for further guidance.

- Power cords or plugs that are cracked, broken, or damaged
- Signs of overheating, smoke, sparks, or fire.
- A cracking, hissing or popping sound, or strong odor that comes from the product.
- Signs that liquid has been spilled or an object has fallen onto the product electronics, the power cord or plug.
- The product electronics, power cord, or plug have been exposed to water
- The product does not operate normally when you follow the operating instructions.

Note: If you notice these conditions with a product (such as a UL certified extension cord) that is not manufactured for or by Stir, stop using that product until you can contact the product manufacturer for further instructions, or until you get a suitable replacement.

Always observe the following precautions to reduce the risk of injury and property damage. Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. If you haven't exercised for some time or if you have any health concerns, please consult your doctor before starting any new exercise routine.

The desk is rated to complete a maximum of one (1) full motion (up and down) every three minutes. Operating the desk beyond this duty cycle for an extended period of time may cause the desk to first slow down, and eventually temporarily shut down, to prevent an overload condition. This will will be exacerbated if the desk is loaded with hardware. The desk will resume normal operating condition after approximately 30 minutes.

Service and upgrades

Although there are no moving parts in your desk after the power cord has been disconnected, the following warnings are required for your safety.

CAUTION
Hazardous moving parts. Keep fingers and other body parts away.

Plugs and outlets

CAUTION

- Use only the power cord supplied by Stir which has been safety approved.
- Never wrap a power cord around a power adapter or other object. Doing so can stress the cord in ways that can cause the cord to fray, crack, or crimp. This can present a safety hazard.
- Always route power cords so that they will not be walked on, tripped over, or pinched by objects.
- Protect power cords from liquids. For instance, do not leave your power cord near sinks, tubs, toilets, or on floors that are cleaned with liquid cleansers. Liquids can cause a short circuit, particularly if the power cord has been stressed by misuse. Liquids also can cause gradual corrosion of power cord terminals which can eventually result in overheating.
- Always ensure that all power cord connectors are secure and completely plugged into receptacles.
- Do not use any power cords where the electrical contacts on either end show signs of corrosion or overheating or where the power cord appears to have been damaged.
- Ensure that extension cords, surge protectors, uninterruptible power supplies, and power strips that you use are UL rated to handle the electrical requirements of the product. Never overload these devices. If power strips are used, the load should not exceed the power strip input rating. Consult an electrician for more information if you have questions about power loads, power requirements, and input ratings.
- If a receptacle (power outlet) that you intend to use with your electronic equipment appears to be damaged or corroded, do not use the outlet until it is replaced by a qualified electrician.
- Do not bend or modify the plug. If the plug is damaged, contact the manufacturer to obtain a replacement.
- Do not share an electrical outlet with other home or commercial appliances that draw large amounts of electricity; otherwise, unstable voltage might damage your desk, data, or attached devices.
- Your desk is equipped with a three-pronged plug. This plug fits only into a grounded electrical outlet. This is a safety feature. Do not defeat this safety feature by trying to insert it into a non-grounded outlet. If you cannot insert the plug into the outlet, contact an electrician for an approved outlet adapter or to replace the outlet with one that enables this safety feature.
- Never overload an electrical outlet. The overall system load should not exceed 80 percent of the branch circuit rating. Consult an electrician for more information if you have questions about power loads and branch circuit ratings.
- Ensure that the power outlet you are using is properly wired, easily accessible, and located close to the desk.
- Do not fully extend power cords in a way that will stress the cords.
- Ensure that the power outlet provides the correct voltage and current for the product you are installing.
- Carefully connect and disconnect the equipment from the electrical outlet.
- Do not use your desk until all internal parts enclosures are fastened into place. Never use the desk when internal parts and circuits are exposed.

Liquid crystal display (LCD) notice

CAUTION

- The LCD is made of glass, and rough handling or dropping objects on the screen's surface can cause the LCD to break.
- If the LCD breaks and the internal fluid gets into your eyes or on your hands, immediately wash the affected areas with water for at least 15 minutes; if any symptoms are present after washing, get medical care.

This equipment has been verified to comply with the limits for a class B digital device pursuant to FCC Rules. In order to maintain compliance with FCC regulations, shielded cables must be used with this equipment. Operation with non-approved equipment or unshielded cables is likely to result in interference to radio and TV reception. The user is cautioned that changes and modifications made to the equipment without the approval of manufacturer could void the user's authority to operate this equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Power supply statement

DANGER

- Never remove the cover on a power supply or any part that has the label indicating risk of electrical shock.
- Hazardous voltage, current, and energy levels are present inside any component that has this label attached (**Fig. 21**).
- There are no serviceable parts inside these components. If you suspect a problem with one of these parts, contact a service technician.

Figure 21 added August 5, 2013

CAUTION
RISK OF ELECTRIC SHOCK
DO NOT OPEN
NO USER-SERVICEABLE PARTS INSIDE

Electrical current safety information

DANGER

Electric current from power, telephone, and communication cables is hazardous.

To avoid a shock hazard:

- Do not use your desk during a lightning storm.
- Do not connect or disconnect any cables or perform installation, maintenance, or reconfiguration of this product during an electrical storm.
- Connect all power cords to a properly wired and grounded electrical outlet.
- Never turn on any equipment when there is evidence of fire, water, or structural damage.

Troubleshooting

Q **My screen won't light up. What happened?**

A Please check the power connection at the desk and wall. If you are using any UL rated extension cords, please disconnect them and attempt to power up the desk again. If the problem persists, please contact Stir for assistance.

Q **My screen is on, but my desk won't move?**

A Unplug your desk from the wall, wait 10 seconds, and plug it back in to power cycle. Wait for the desk's user interface to come up. If the problem persists, please contact Stir for assistance.

Q **My screen image has frozen. How do I fix this?**

A Unplug your desk from the wall, wait 10 seconds, and plug it back in to power cycle. Wait for the desk's user interface to come up. If the problem persists, please contact Stir for assistance.

Q **How do I assemble the desk?**

A Please refer to page 44 for assembly instructions.

Q **Do I need to use a coaster on the desk with beverages?**

A As with any piece of fine furniture, using coasters with beverages, and avoiding direct contact with hot, sharp, or abrasive items, is recommended to keep the finish of your Stir Kinetic Desk M1 looking its best.

Q **How do I immediately stop the desk if needed while it is moving?**

A Anytime that the desk is moving, a single tap on the screen will immediately stop its motion at the current height.

Q I lost my power cable when moving. Can I use a similar cable instead?

A The cable that we've provided with your desk is of a better quality than most that you'll find available. If your cable is lost or damaged, please contact Stir to inquire about an official replacement.

Q Can I attach a keyboard tray to the M1?

A Yes! Please see page 32 of this manual for more information about desk accessories.

Q Can I attach a monitor mount to the M1?

A Yes! Please see page 32 of this manual for more information about desk accessories.

Q How much power can I plug into the desk?

A The desk can accommodate a total max draw of up to 7 amps. It has an actual maximum draw of 10 amps - the remaining available power is reserved to drive the desk itself.

Q Can I view the desk's screen from any angle?

A The screen can be viewed from multiple angles, though it is specifically optimized to be viewed best by a user at the desk with the screen to their left.

Q Is there any other desk in the world that can breathe?

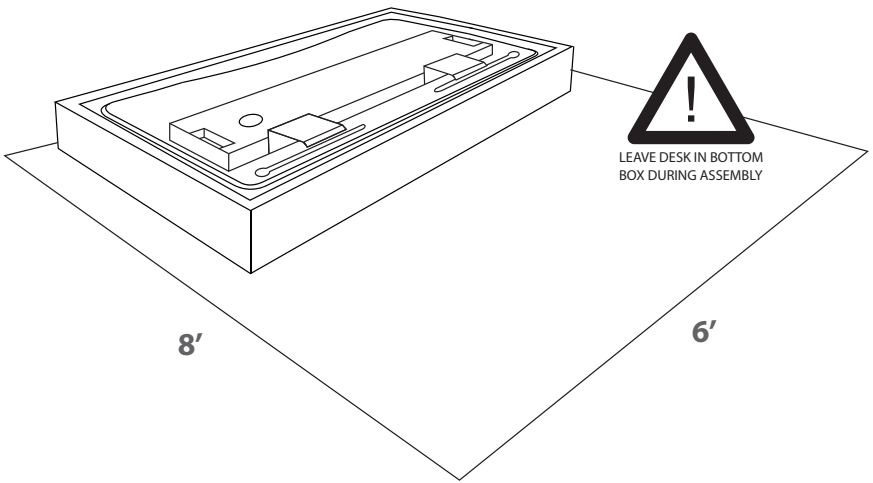
A No!

Q Is M1 the best Stir Kinetic Desk yet?

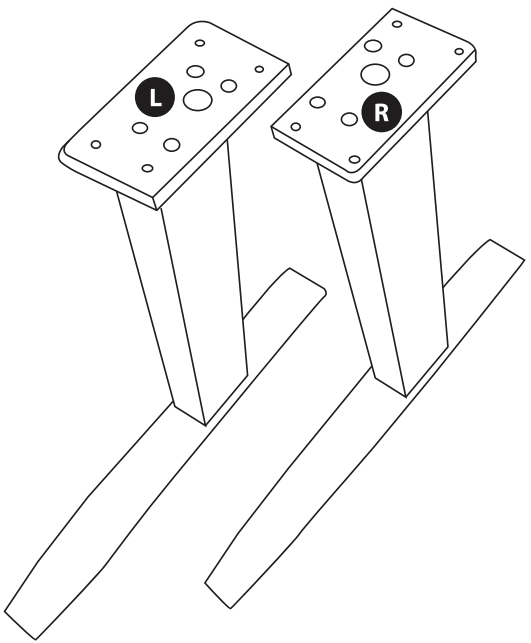
A Don't make us pick favorites!

Desk Assembly

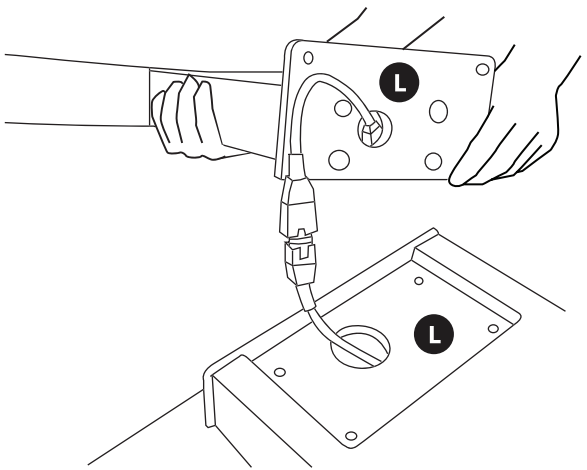
1 When deciding where to build your M1, please be sure to pick an area around two times the size of the desktop box (roughly 8'x6'). This will assure that you have a clear area to work in when your desk is fully assembled and ready to tilt upright. To protect surfaces, please leave the desktop inside of its box until the legs are both firmly attached.



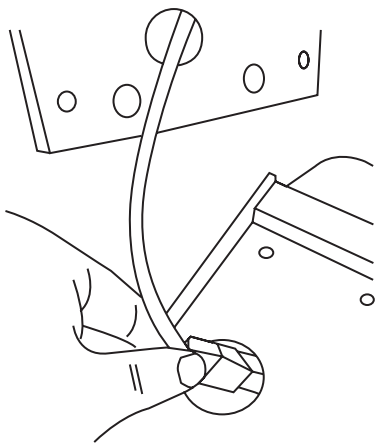
2 The two legs of your desk are marked "**L**" and "**R**". Your desk has corresponding leg attachment points marked "**L**" and "**R**".



3 Attach leg cable "**L**" to desk cable "**L**" while a friend holds the leg securely. Repeat on the right side.

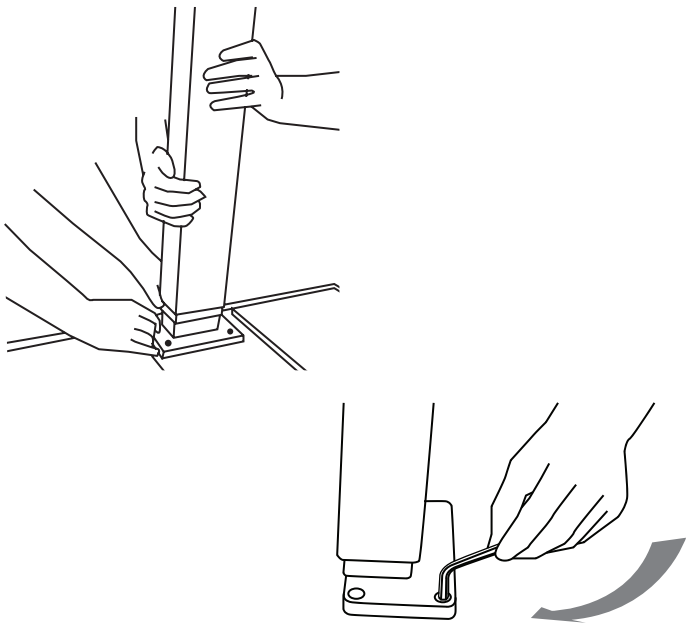


4 After connecting the cables, push excess into hole as a friend continues to hold the leg securely.

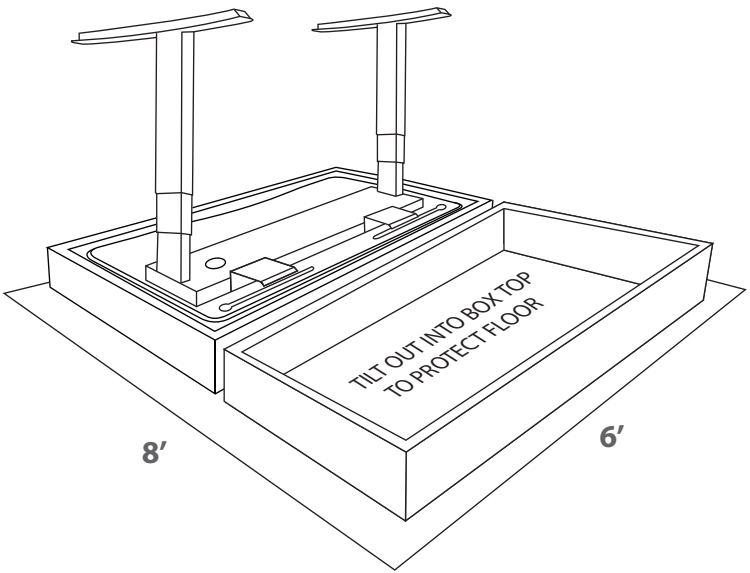


NEVER LET EITHER DESK LEG STAND ON ITS OWN WEIGHT UNTIL FULLY SECURED WITH ALL 4 BOLTS.

5 Use the included bolts to attach legs to desktop. Place into plate and use fingers to begin tightening, finish with included desk tool.



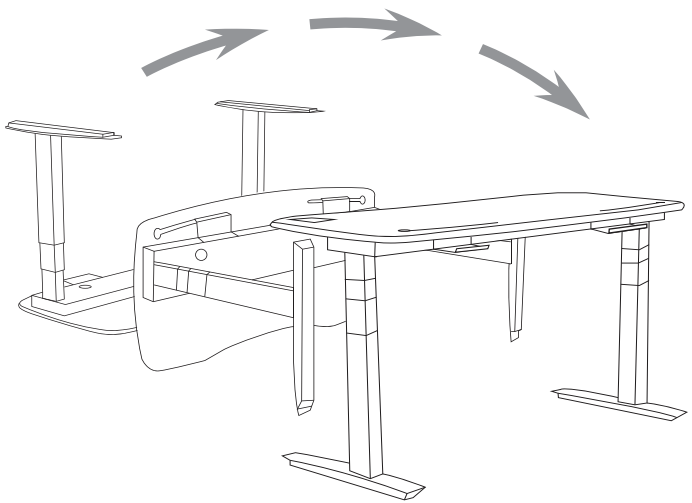
6 When the legs are both firmly attached, protect your floors and the desk's finish with some of the desk packaging material as you prepare to tilt the desk out of the box and upright.



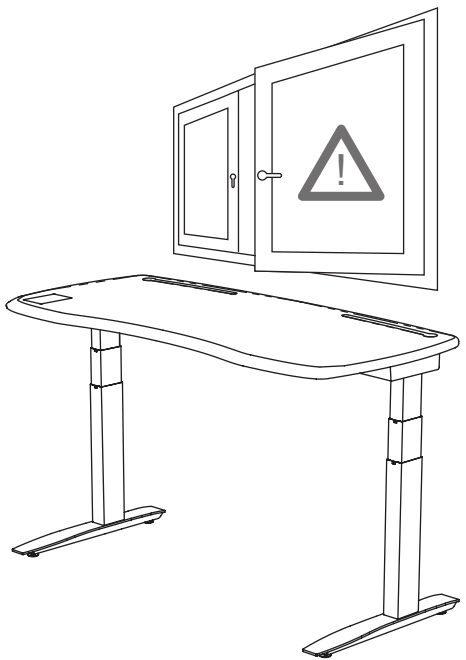
7 With one person on each side, carefully tilt the desk out of box in a three step process.

WARNING

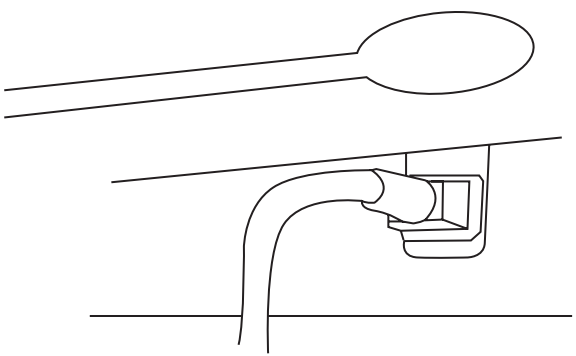
Attempting to tilt the desk out of the box on your own could result in injury to yourself or damage to your desk. Please get at least one person to help you remove the desk from its box when the time comes.



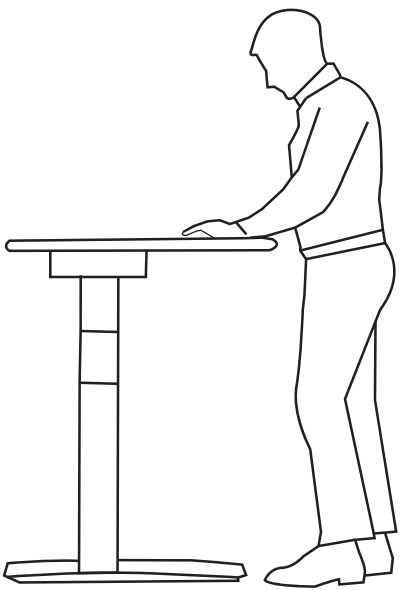
8 Always have a friend help you to move the desk into its final position. Carefully consider the full height range of your Stir Kinetic Desk when deciding where it will be placed in the room. Be sure that the desk is not underneath artwork, framed pictures, or windowsills that might collide with the desk during regular use.



9 When the desk is in its final position, plug the included power cable into the desk first, and then into a standard wall outlet.

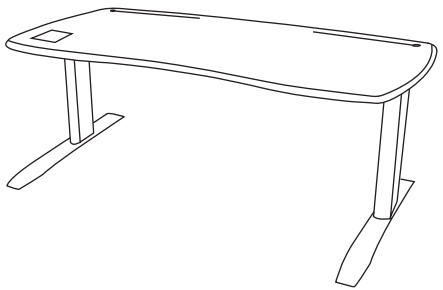


10 Now follow the on-screen setup wizard and enjoy your new Stir Kinetic Desk M1!

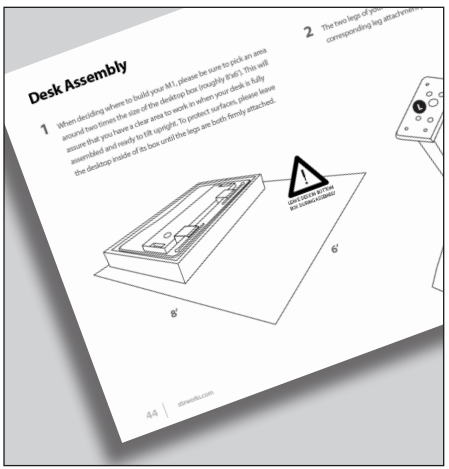


Transport & Reassembly

Always lower your desk to the bottom of its range before moving to prepare for transporting it through narrow doorways and walkways.



When the time comes to reassembly your desk, please reference the instructions on page 44 of this manual.


Desk Assembly
1
When deciding where to build your M1, please be sure to pick an area
ensure that you have a clear area to work in when your desk is fully
assembled and ready to tilt upright. To protect surfaces, please leave
the desktop inside of its box until the legs are both firmly attached.
2
6'
8'
44

Each bolt should be started with finger force. If you can't start with finger force, please contact Stir for further assistance. Finish tightening each bolt with the provided tool. When secure, add an additional ¼ turn for added strength.

STIR™

Thank you for purchasing the **Stir Kinetic Desk M1**.

If you have any further questions, please contact us directly.

Stir • 626.657.0918 • help@stirworks.com • **stirworks.com**

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